

Book 30

Title: Spiritual Healing

20/8/2023

BismillahirRahmaanirraheem

1. Part of spiritual healing is to not take on spiritual tasks that your heart is not ready for. Just leave for a while, pray, and concentrate on something else(positive). If that same chapter(from before) is good for you, then your Creator/ Rabb(Allah Our Lord) would facilitate it for you, whether you ask Him or not.

Allah is not in need of us; we are in need of Him. He is Fa'a'allima yureed/ He does as He pleases. Our calling on Him, is worship towards Him.

It is also one acknowledging the beautiful Names and Attributes of Our Rabb, as well as acknowledging that Allah is our Creator, Rabb(Lord), Sustainer, Nourisher, Fashioner(of forms) etc- All the Names and attributes which His Name ArRabb means etc.

Wa Allahu A'lam

For more information, consult the books of the Scholars upon Salafiyyah i.e. upon the Quran and Sunnah according to the fahm/ understanding of the Sahaabah

Wa Allahu A'lam

Alhamdulillah wassalaatu wassalaam 'alaa Rasuulillah